

## **2005 BRFSS SUMMARY**

### **GOOD-----**

#### **Cigarette Smoking**

The percent of respondents who currently smoke cigarettes is 19.8 percent and is lower than the nationwide median of 20.6 percent. The percent of respondents who currently smoke cigarettes decreased from 20.3 percent in 2004 to 19.8 percent in 2005. South Dakota is in the lowest third when compared to other states.

#### **Heavy Drinking**

The percent of respondents who engage in heavy drinking is 4.3 percent and is slightly lower than the nationwide median of 4.9 percent. The percent of respondents who engage in heavy drinking increased from 3.7 percent in 2004 to 4.3 percent in 2005. South Dakota is in the lowest third when compared to other states.

#### **High Blood Cholesterol**

The percent of respondents who have high blood cholesterol is 34 percent and is lower than the nationwide median of 35.6 percent. The percent of respondents who have high blood cholesterol increased from 31.2 percent in 2003 to 34 percent in 2005. South Dakota is in the lowest third when compared to other states.

#### **No Flu Shot**

The percent of respondents, ages 65 and older, who have not had a flu shot within the past 12 months is 23.7 percent and is lower than the nationwide median of 34.3 percent. The percent of respondents who had no flu shot within the past 12 months increased slightly from 23.1 percent in 2004 to 23.7 percent in 2005. South Dakota is in the lowest third when compared to other states.

#### **Diabetes**

The percent of respondents who have diabetes is 6.4 percent and is lower than the nationwide median of 7.3 percent. The percent of respondents who have diabetes decreased from 6.6 percent in 2004 to 6.4 percent in 2005. South Dakota is in the lowest third when compared to other states.

### **BAD-----**

#### **Overweight or Obese**

The percent of respondents who are overweight or obese is 62.8 percent and is higher than the nationwide median of 61.4 percent. The percent of respondents who are overweight or obese increased from 61.8 percent in 2004 to 62.8 percent in 2005. South Dakota is in the highest third when compared to other states.

American Indians, 74 percent, exhibit a significantly higher prevalence of those who are overweight or obese than do whites, 62.3. This racial difference is much more evident in females than males.

The prevalence of overweight or obesity increases as age increases until the 55-64 age group is reached, at which time the prevalence decreases as age increases.

#### **Obesity**

The percent of respondents who are obese is 25.5 percent and is higher than the nationwide median of 24.4 percent. The percent of respondents who are obese increased from 23.8 percent in 2004 to 25.5 percent in 2005. South Dakota is almost in the highest third when compared to other states.

#### **No Leisure Time Physical Activity**

The percent of respondents who reported no leisure time physical activity had reached the *Healthy People 2010 Objective* of 20 percent with 19 percent in 2004, however from 2004 to 2005 there was a sharp increase from 19 percent in 2004 to 22.5 percent in 2005.

**No Vigorous Physical Activity**

The percent of respondents who engage in no vigorous physical activity is 76.5 percent and is higher than the nationwide median of 72.5 percent. The percent of respondents who reported no vigorous physical activity decreased from 78 percent in 2003 to 76.5 percent in 2005. South Dakota is in the highest third when compared to other states.

**Less Than Five Servings of Fruits and Vegetables**

The percent of respondents not consuming at least five servings of fruits and vegetables per day is 79.5 percent and is higher than the nationwide median of 76.8 percent. The percent of respondents who reported not consuming at least five servings of fruits and vegetables per day decreased from 81 percent in 2003 to 79.5 percent in 2005. South Dakota is in the highest third when compared to other states.

**Drank in Past 30 Days**

The percent of respondents who drank in the past 30 days is 58.6 percent and is higher than the nationwide median of 56.2 percent. South Dakota is in the highest third when compared to other states.

**Physical, Mental, or Emotional Disability**

The percent of respondents whose activities are limited due to physical, mental, or emotional disabilities is 19 percent and is slightly higher than the nationwide median of 18.6 percent. The percent of respondents whose activities are limited due to physical, mental, or emotional disabilities increased from 17.2 percent in 2004 to 19 percent in 2005.

**Special Health Conditions in Children**

The percent of at least one child present in household with a special health condition has increased from 12.2 percent in 2000 to 17.4 percent in 2005. This percentage has been increasing steadily since it was first asked in 2000.